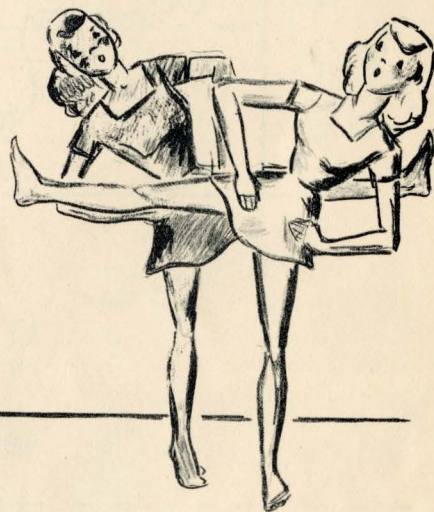


# MODERN DANCE NOTEBOOK

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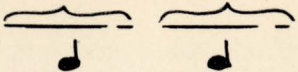
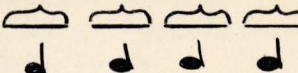
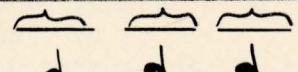
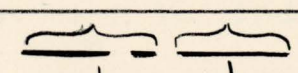
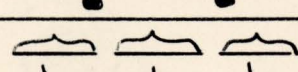
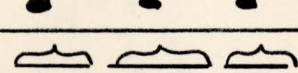
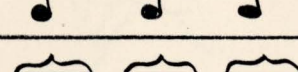


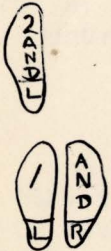
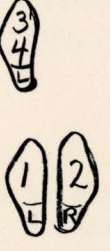
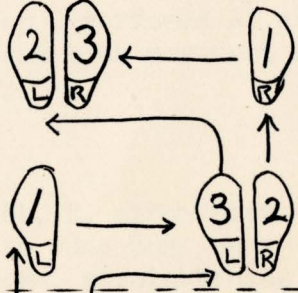
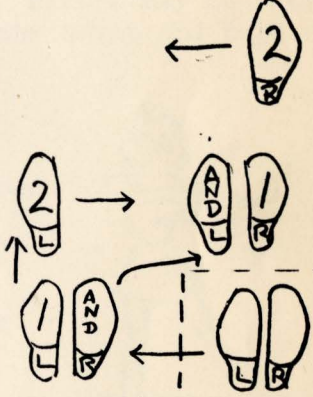
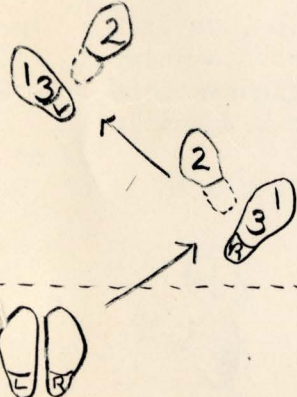
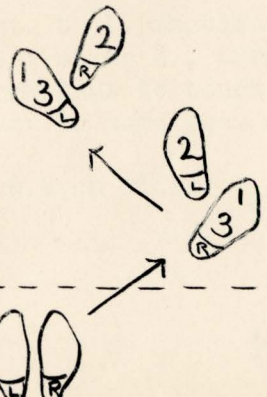
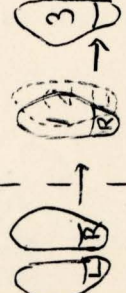
by Collins Bennett and Marjorie Hollister

with thanks to Miss Griffin and Miss Moomaw



# DANCE STEPS

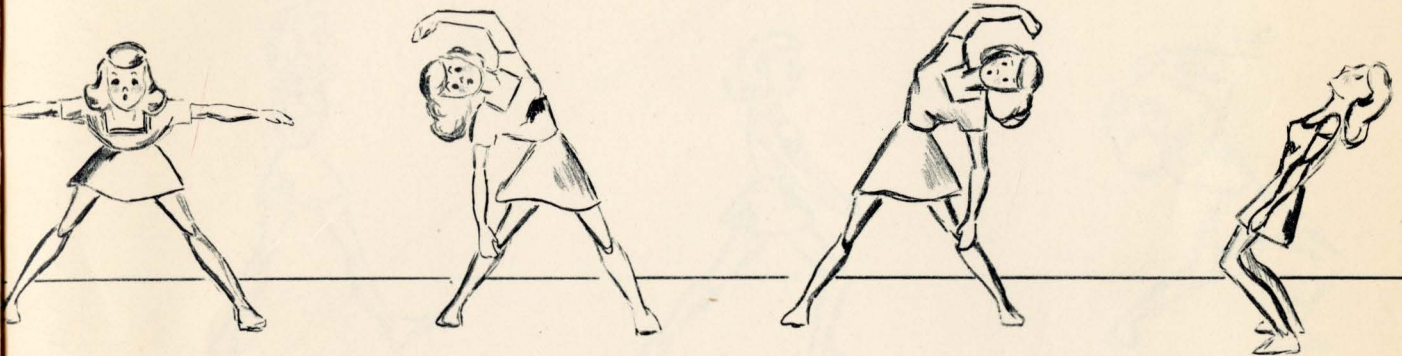
Step	Rhythm Pattern	Time	Step Pattern	Parts
Polka		2/4	STEP CLOSE STEP HOP	4
Schottische		4/4	STEP CLOSE STEP HOP	4
Waltz		3/4	STEP STEP CLOSE	3
Two-step		2/4	STEP CLOSE STEP	3
Pas de bas		3/4	LEAP STEP STEP	3
Polish Mazurka		3/4	LEAP STAMP STEP	3
Mazurka		3/4	STEP CUT HOP	3

 <p>Polka</p>	 <p>Schottische</p>	 <p>Waltz</p>	 <p>Two-Step</p>
 <p>Pas de bas</p>	 <p>Polish Mazurka</p>	 <p>Mazurka</p>	



## I

Position: Str. st., A. 2nd pos., tk. bd'g fwd. 90°.  
Counts 1-8: Bounce tk. toward floor.  
Position: Str. st., tk. bd'g. L. lat, A. 4th, R. up.  
Counts 9-16: Bounce tk. sdws. to L.  
Position: Same as B, to R. instead of L.  
Counts 17-24: Bounce tk. sdws. to R.  
Position: Str. st., toes turned out, A. 1st pos.  
Counts 25-32: Bd'g. bk'd. at knees, tk. straight line knees to shoulders, head dropped back, bounce, bd'g. knees.



aching suggestions: On A, arms should be stretched sideways, not forced back. On D, knees bend over toes to avoid strain: head may be forward with eyes looking at floor for begin-. Class may be divided into 2 groups for technique practice: group 2 holds position A as p 1 performs A, group 1 holds position B as group 2 performs A, etc. Part I may be repeated , 2, or 1 counts for each position, or may be done with movement on one count and holding count.

## SITION

ition: Str. st., A. ext. to L. shoulder height, R. elbow bent.  
nts 1-8: On each count, swing A. down and up to same pos. on other side, bd'g. knees as A. swing down, straightening as A. reach shoulder height. Finish with A. ext. to L.  
hing suggestions: Bent elbow should be directly in front of shoulder.



## II

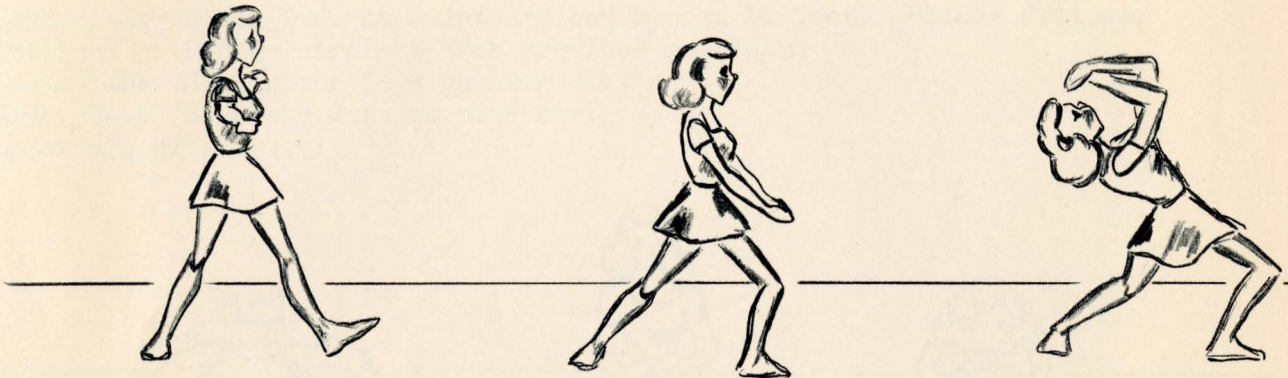
osition: Str. st., A. ext. to L. shoulder height, R. elbow bent.  
ount 1: Swing A. down and up to R., turning body and head to face R., feet remain same.  
ount 2: Bend sharply from hips to touch head to knee and L. hd. to R. ankle. On "and" of count 2 return to same pos. as at beginning of count.  
epeat to L.  
ontinue, total of 4 bends to each side.





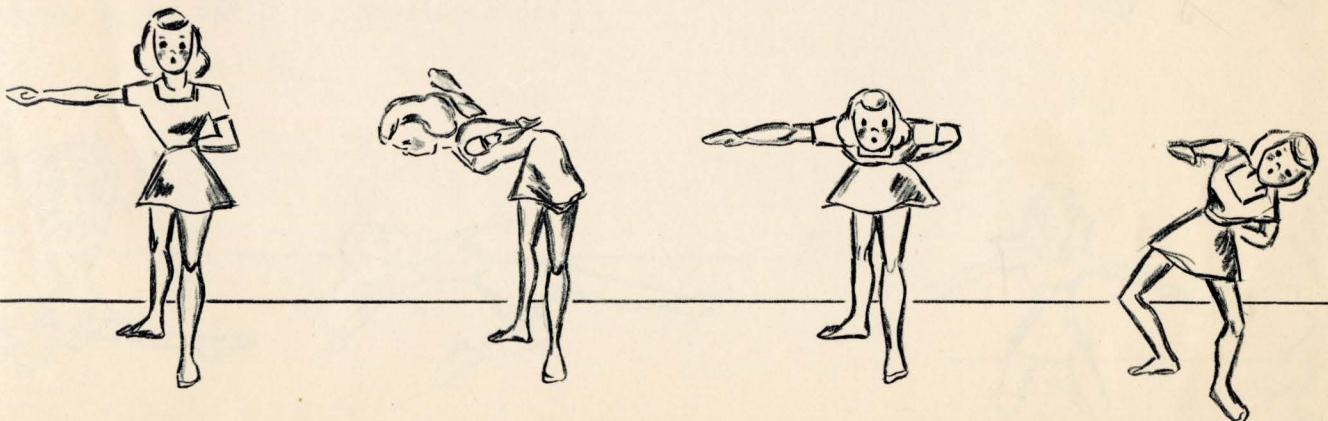
PART III

- A..Position: Str..st., A. ext. sdws. shoulder height.  
 Counts 1-2: Turn body to face R., turn R. foot so that toe points to R., L. foot remains the same.  
 Counts 3-4: Bend knees, straight line from R. knee to shoulder, bring A. down and up to cross hds. palms in, stretch hds. over head and back.  
 Counts 5-6: Bring A. down, turn body to front.  
 Counts 7-8: A. up to resume starting pos.  
 B. Repeat to L.  
 C. Repeat A and B.



PART IV

- A..Position: Str. st., L. foot pointing fwd., R. foot behind and pointing to side, body and head erect facing fwd., back of L. hd. against small of back, R. A. ext. to side shoulder height.  
 Count 1: Bend body straight to R., reaching with R. hd., body and head facing fwd.  
 Count 2: Turn body and head diag. R., bend sharply at hips so that chest, face, and palm of R. hd. are toward floor.  
 Count 3-4: Circle fwd., body and R. A. parallel to floor.  
 Counts 5-6: Bend knees, turn L. foot to side, circle R. A. to L. and back, body bent backward, straight line fwd. knee to shoulder.  
 Counts 7-8: Straighten knees, turn L. foot to point fwd., bring body to erect pos., straighten R. A. and push down to shoulder height.  
 B. Repeat.  
 C. Transition: Step.fwd. R., R. A. drops to side and comes up to small of back, L. A. ext. shoulder height.  
 D. Repeat A and B to L.

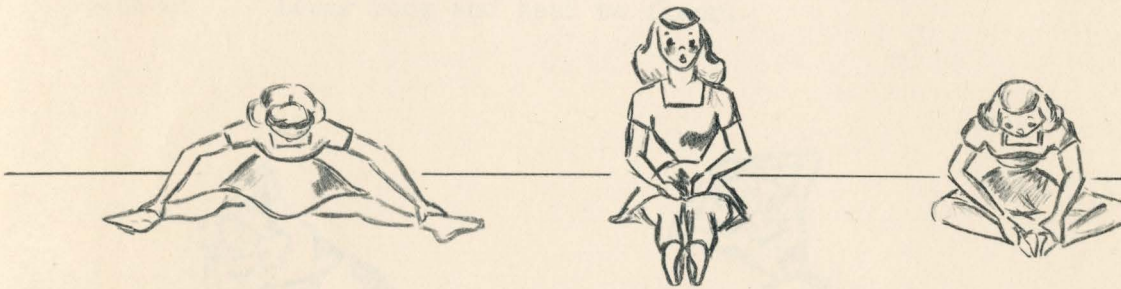




SITTING STRETCHES  
HUMPHREY  
FLEXIBILITY

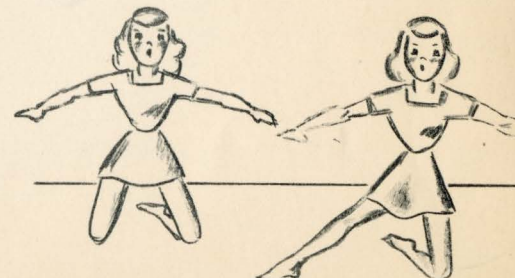
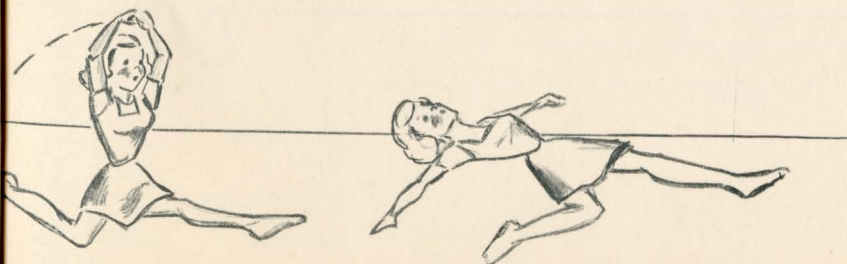
PART I

- . Position: Sit., wide str., back straight.
- Counts 1-8: Relax fwd. at waist, hds. on ankles. Bounce fwd. 8 times trying to touch head to floor.
- . Position: Same as above.
- Counts 1-2: Bring legs together to long sit.
- Counts 3-4: Draw feet up close to body, knees bent outward, soles of feet together and hds. on feet.
- . Position: Same as B 4.
- Counts 1-8: Relax fwd. at waist and touch head to feet. Bounce 8 times.
- . Position: Sit up straight from previous position.
- Counts 1-2: Straighten legs to long sit.
- Counts 3-4: Separate legs to wide str.
- . Repeat all of above.



PART II

- . Position: Sit., wide str., both hds. on R. ankle, L. knee bent.
- Counts 1-4: Relax at waist, touch head to knee 4 times.
- . Position: Sit., A. circled over head, A. up on "and."
- Counts 1-4: Lower A. to side.
- Counts 5-8: Lower body and head bkwd. to floor keeping body in line with ext. R. leg. On the "and" of count 8 come to sit. with chest lead.
- Counts 9-16: Repeat counts 1-8.
- . Position: Same as at end of previous section.
- Count 1: Bring R. leg in, knee bent, toes touching L. knee.
- Count 2: Rise to kneeling, feet bk.
- Count 3: L. leg e t. in front of body.
- Count 4: Sit, L. leg ext., R. leg bent.
- . Repeat A, B, and C to opposite side.

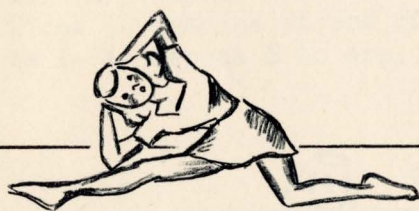


PART II C. - TRANSITION



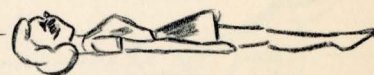
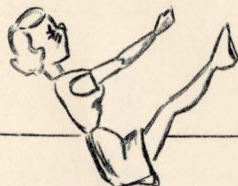
### PART III

- A. Position: Same as at end of previous section.  
Counts 1-4: Repeat II A.
- B. Position: Same.  
Counts 1-3: Come to sit. pos. rs'g. A. encir'g. head, body facing L. leg. Come to sit. pos. with rib (or. side) lead.  
Count 4: A. lowered and brought up in back, head lowered toward L. leg. On the "and", head raised and turned R. and A. raised over head.
- C. Repeat A and B.  
D. Repeat II C.  
E. Repeat A, B, and C to opposite side.  
F. Transition  
Count 1: Sit., A. remain over head, bring L. leg next to R. leg and turn to face R. wall.  
Count 2: Hook sit. facing R.  
Count 3: Straighten legs, A. cir'g. in front of chest.  
Count 4: Lower body and head to floor.



### PART IV

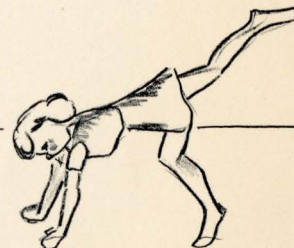
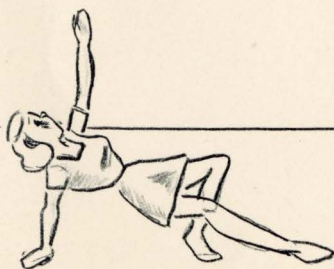
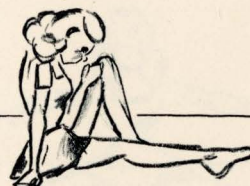
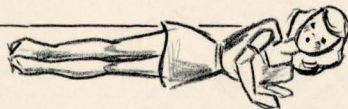
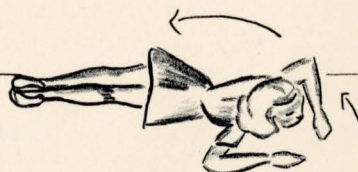
- A. Position: Back lying.  
Count 1: Contract abd. muscles, legs and body come off floor to jack-knife pos.  
Counts 2-4: Lower legs and body to floor.
- B. Repeat A three more times.





PART V\*

- A. Position: Back lying.  
Count 1: From lying pos. weight comes to elbows.  
Count 2: With weight on thigh swing leg away from front of room. Finish face lying with weight on lower A.  
Count 3: Turning to face front, turn on side.  
Count 4: Swing legs fwd., come to sit., R. knee bent and R. hd. inside leg close to body, head bent fwd., L. leg ext., L. hd. on floor at side of body.
- B. Position: Same as at end of V A.  
Count 1: Keep weight on L. hd., R. foot and L. heel, push up body off floor with body and L. leg in line and R. hd. reaching for the ceiling.  
Count 2: Return to pos. as in A 4.  
Count 3: Ext. as on Count 1.  
Count 4: Return to pos. as in A 4.  
Count 5: Ext. as on count 1.  
Count 6: With weight on L hd. and R. foot, turn L. facing floor with both hds. on floor. Weight now on hds and L. foot. R. foot ext. in air in straight line.  
Count 7: Bend R. knee and turn to L. to come to pos. as in count 1.  
Count 8: Return to pos. as in A 4.
- C. Position: Back lying.  
Counts 1-4: Repeat A to end facing opp. wall.
- D. Position: Same as at end of C.  
Counts 1-8: Repeat B to opp. side.



\* In the original Humphrey sitting stretches there is a section which has been omitted here.



SITTING FOOTWORK  
GRAHAM  
STRENGTH

PART I

Position: Sit. on floor, legs in wide str., knees relaxed, back and head erect,  
A. 2nd pos.  
Count 1: Flex R. ankle, knee comes off floor.  
Count 2: Ext. R. ankle, pull toe down to floor.  
Counts 3-8: Repeat 1 and 2 three times.  
Counts 9-16: Repeat all with L. foot.

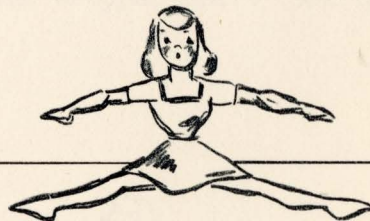
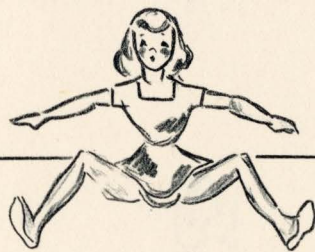


PART II

Repeat Part I for 16 counts, alt. feet, R. foot ext. while L. foot contracts, etc.

PART III

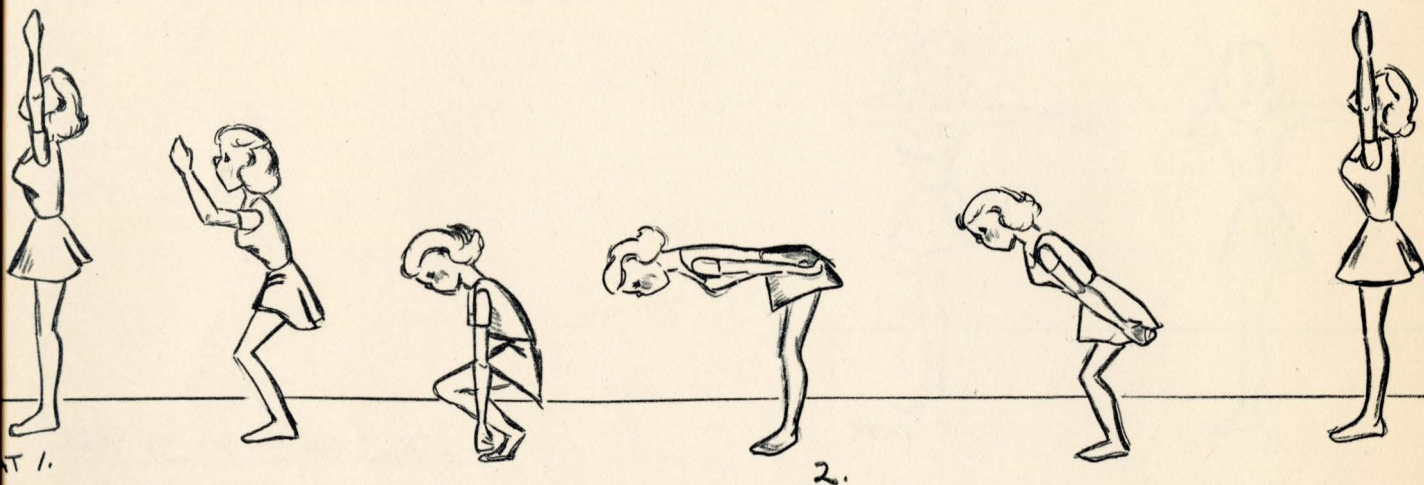
Repeat Part I for 8 counts, both feet together.





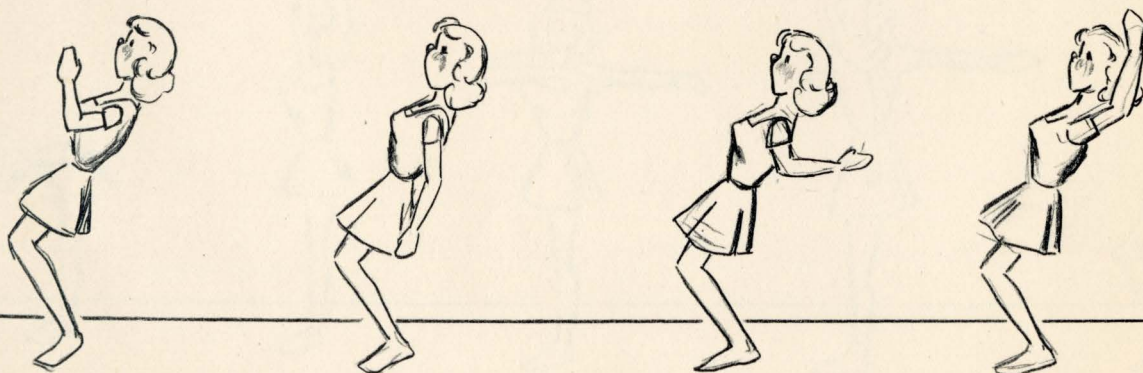
# PART I - TWO-BEAT SWING

- Position: St. with feet about 10 inches apart, hds. stretched over head.
- Count 1: Knees bend over toes, body, head, and arms are relaxed and arms drop and body bends at waist. Knees straighten and in a continuous movement arms come up in back of body, body still relaxed and bent.
- Count 2: Knees bend over toes, arms relaxed come fwd. and as knees straighten, arms stretched forward above head.



# PART II - THREE-BEAT SWING

- Position: Same as for two-beat swing.
- Count 1: Same as count 1 of two-beat swing.
- Count 2: Same as count 2 of two-beat swing.
- Count 3: Arms are above head. They drop to the front, circle back and up. At the same time knees bend over toes, body is in a straight line from knees to shoulders. Head is relaxed and dropped back. End in original pos.

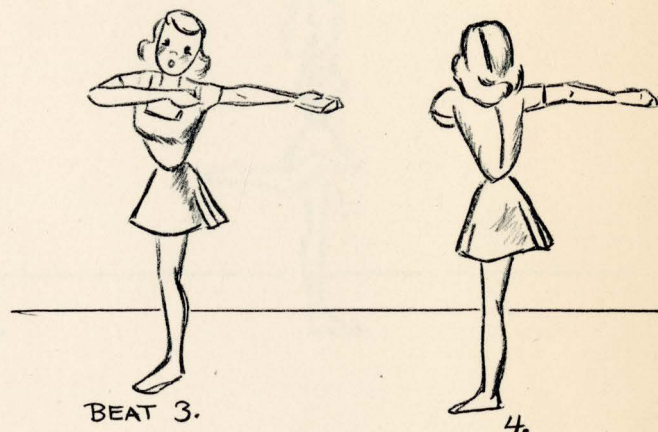


BEAT



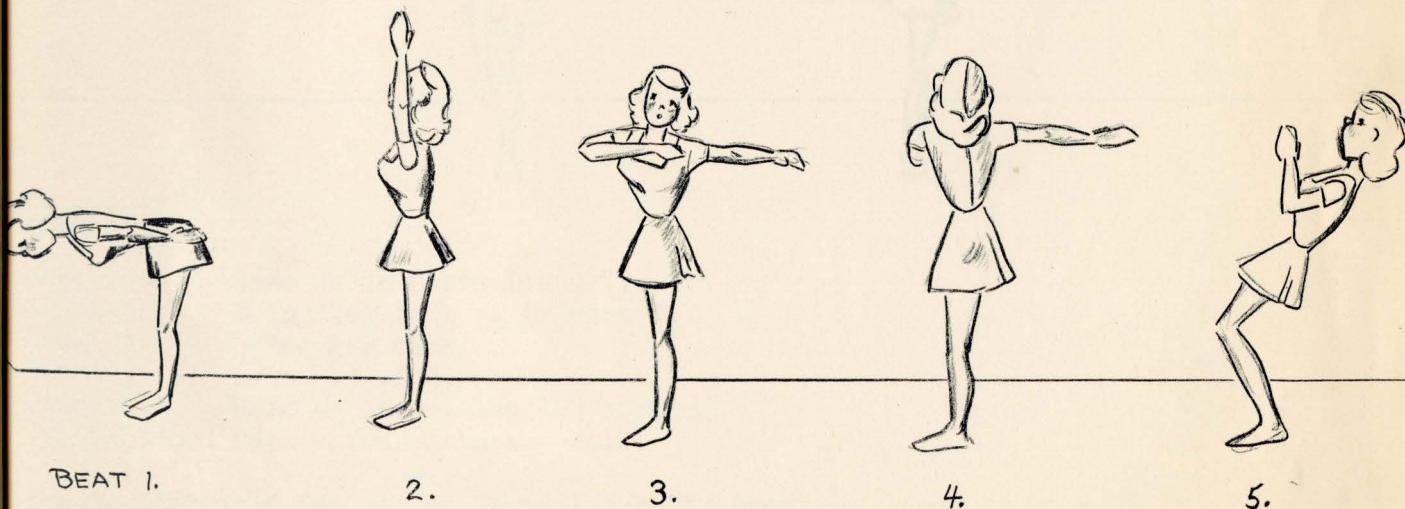
PART III - FOUR-BEAT SWING

- Position: Same as for two-beat swing.  
 Count 1: Same as for two-beat swing.  
 Count 2: Same as for two-beat swing.  
 Count 3: Feet and legs are stationary. Body twists to L. Arms are relaxed dropping fwd. to L. side, cont. up in cir'g. movement, palms down, and back to over head pos. Head turns to L. as A. swing to L.  
 Count 4: Repeat count 3 to R.



PART IV - FIVE-BEAT SWING

- Position: Same as for two-beat swing.  
 Count 1: Same as count 1 of two-beat swing.  
 Count 2: Same as count 2 of two-beat swing.  
 Count 3: Same as count 3 of four-beat swing.  
 Count 4: Same as count 4 of four-beat swing.  
 Count 5: Same as count 3 of three-beat swing.





LEG SWINGS  
WEIDMAN  
RELAXATION, BALANCE

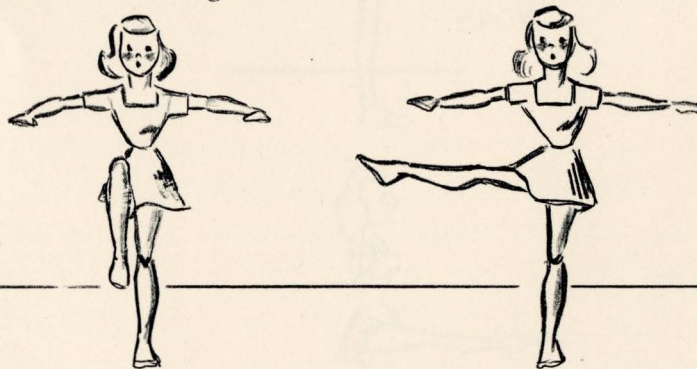
PART I

Position: Dancers in lines, holding hds. at shoulder height, A. ext., weight on L. foot, R. foot slightly back, body erect, head up.  
Count 1: Swing R. leg fwd., knee straight, toes pointed.  
Count 2: Swing R. leg back, knee bent, toes pointed in back.  
Counts 3-8: Repeat 1 and 2 three times.  
Counts 9-16: Repeat all with L. leg.



PART II

Position: Same as in Part I.  
Count 1: Swing R. leg to side, knee up, toes pointed.  
Count 2: Swing leg down and up in front, upper leg parallel to floor, lower leg relaxed.  
Counts 3-8: Repeat 1 and 2 three times.  
Counts 9-16: Repeat all with L. leg.



PART III

Position: Same as in Parts I and II.  
Count 1: Swing leg fwd. as in Part I.  
Count 2: Swing leg back.  
Count 3: Swing leg fwd.  
Count 4: Hold -- do not let leg rebound.  
Counts 5-8: Back - fwd. - back - hold.

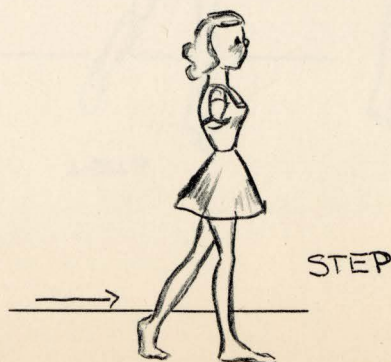
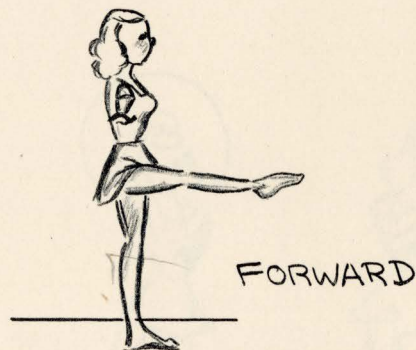
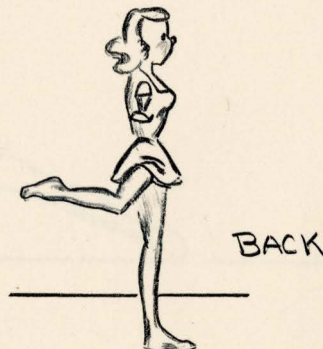
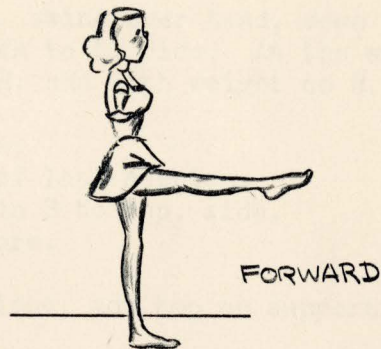
Repeat with hold for all of Parts I and II above.



LEG SWINGS ADVANCING  
STRENGTH, COORDINATION, RELAXATION

Position: Erect st., A. 2nd pos., weight on L. foot, R. foot slightly back.  
Count 1: Swing R. leg fwd., knee straight, toes pointed.  
Count 2: Swing R. leg back, knee turned out and bent, toes pointed in back.  
Count 3: Same as count 1.  
Count 4: Step fwd. on R. foot.  
Counts 5-8: Repeat counts 1-4 with L. foot.

Note: For more advanced work, hop on supporting foot on each count.

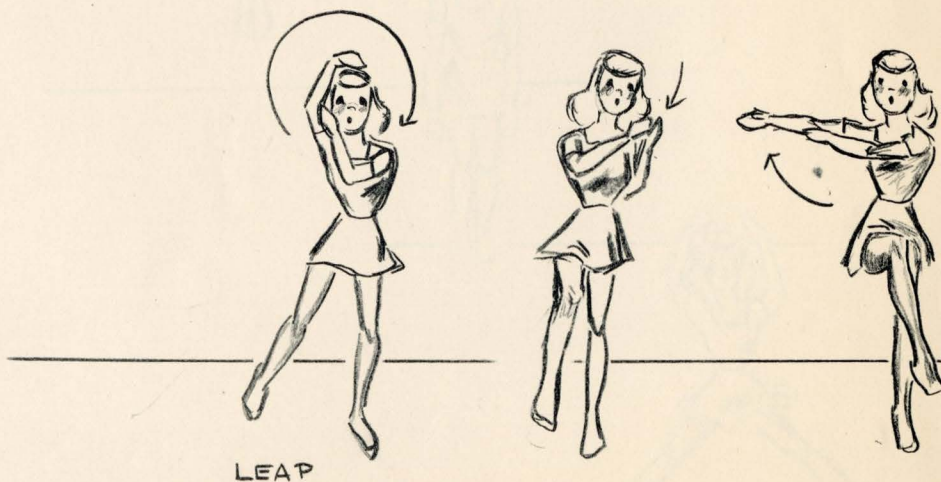
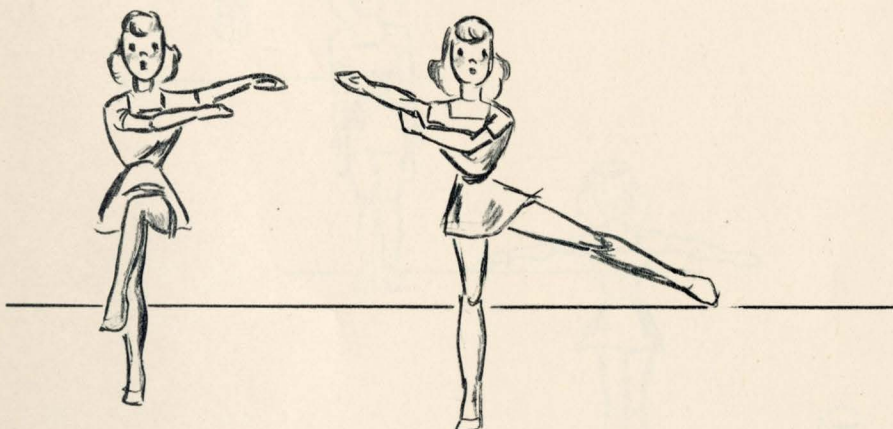




EIGHT LEG SWINGS WITH A CHANGE  
(TO THE SIDE)  
COORDINATION, STRENGTH, FLEXIBILITY,  
RELAXATION

- A. Position: A. raised shoulder height and to L. side, weight on L. foot, R. foot slightly back.
- Count 1: R. leg swung up bent at knee to cross slightly in front of L. leg. At the same time the A. are dropped down together and up on R. side shoulder level.
- Count 2: A. dropped and brought up on L. side. R. leg dropped and swung up at R. side, knee turned fwd., not up.
- Counts 3-8: Repeat counts 1 and 2 for 3 more times each.
- B. Position: Same as at end of last section.
- Count 1: From L. side, A. swing over head, down on R. side, across in front of body, and back to L. side. At the same time R. leg is swung to R. and leap to R. and with weight on R. foot, the L. foot comes up in prancing pos.
- Counts 2-8: Continue as in A.
- C. Position: Same as at end of last section.
- Count 1: Change same as in B to opp. side.
- Counts 2-8: Continue as before.

Note: For more advanced technique, add hop on supporting foot on each count.



LEAP



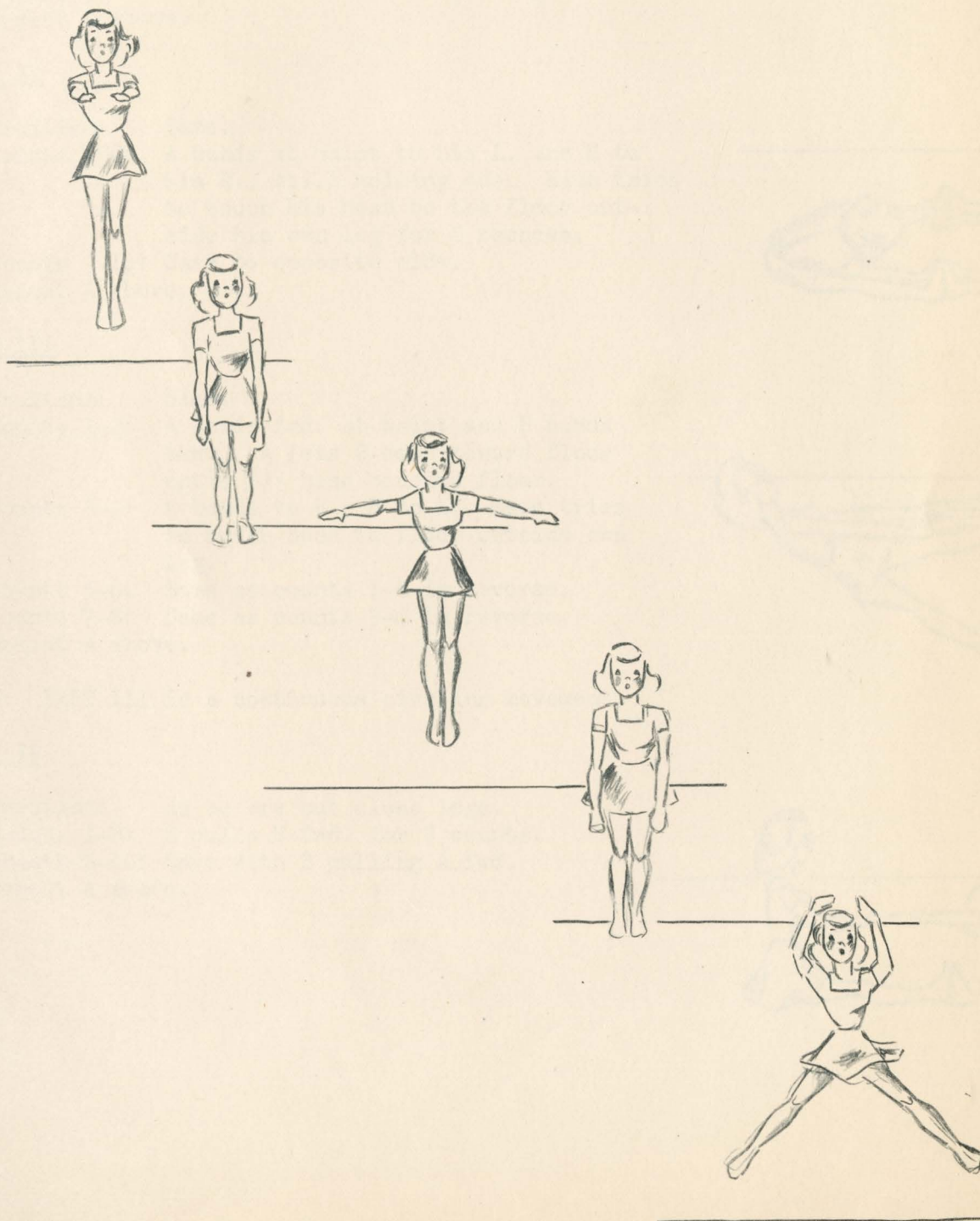
THREE JUMPS  
HUMPHREY  
STRENGTH, COORDINATION

Position: St. with A. at side.

Count 1: A. swing fwd. up to shoulder height. At the same time jump landing in same spot, coming down first on toes, then to heels. A. return to sides as jump is completed.

Count 2: Jump in same manner as before. A. raised up and out to sides, then return to starting pos.

Count 3: Jump a little higher than before. A. circle fwd. up, back, and around. On all jumps keep body and head in line. L's in stride on 3rd jump.

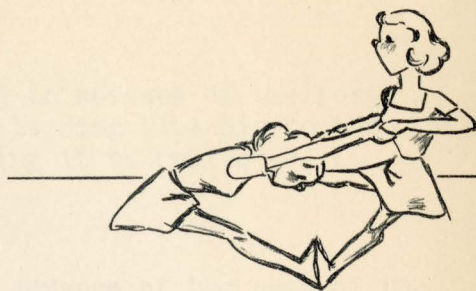




PARTNER STRETCHES  
FLEXIBILITY

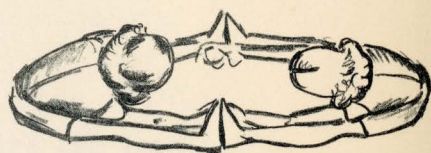
PART I

- A. Position: Str. sit. facing partner, feet against partner's feet, body erect, holding hds. of partner.
- Counts 1-8: A pulls B's (his partner's) hds. by bd'g. his own A. at elbows for 8 pulls. B bends at waist, legs straight, tries to touch head to floor.
- Counts 9-16: Same as above with B pulling A.
- B. Repeat A above.



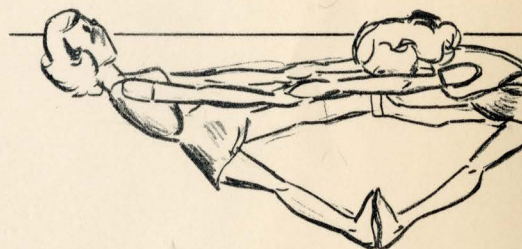
PART II

- A. Position: Same.
- Counts 1-8: A bends at waist to his L. and B to his R., still holding hds. Each tries to touch his head to the floor outside his own leg for 8 bounces.
- Counts 9-16: Same to opposite side.
- B. Repeat A above.



PART III

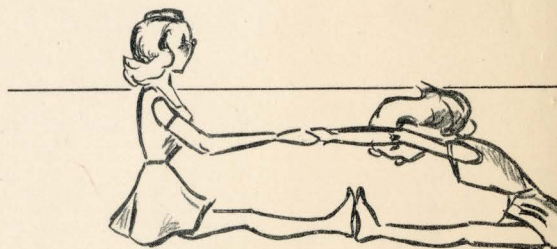
- A. Position: Same.
- Counts 1-2: A bends fwd. at waist and B bends bkwd. A lets B down toward floor until B's head touches floor.
- Counts 3-4: A bends to R., B to L. Each tries to touch head to floor outside own leg.
- Counts 5-6: Same as counts 1-2 in reverse.
- Counts 7-8: Same as counts 3-4 in reverse.
- B. Repeat A above.



Note: PART III is a continuous circling movement.

PART IV

- A. Position: As before but close legs.
- Counts 1-8: A pulls B fwd. for 8 counts.
- Counts 9-16: Same with B pulling A fwd.
- B. Repeat A above.





LEADS - HIP, SHOULDER, ARM, LEG  
RELAXATION

HIP LEAD

This may be done in any plane with one or both hips moving in advance of the rest of the body. Ex: From bk. lying pos. with A. over head, leading with hip to the R. (or L.) let the hip carry the weight of the body forcing it to roll over.

SHOULDER LEAD

Similar to hip lead, with shoulder or shoulders moving in advance of the rest of the body. Ex: Same as hip lead, with shoulder leading as body turns. Shoulder is first part of body to leave floor and first part to touch again.

ARM LEAD

This may be done in any plane with arm or arms leading as far as possible in one direction. Ex: Weidman Body Bends IV A 1.

LEG LEAD

This is similar to the arm lead, with either upper leg or entire leg leading.

Leads may be done with almost any part of the body. They may be done in any direction -- circular, to the side, forward, back, and on any level -- lying, kneeling, standing.

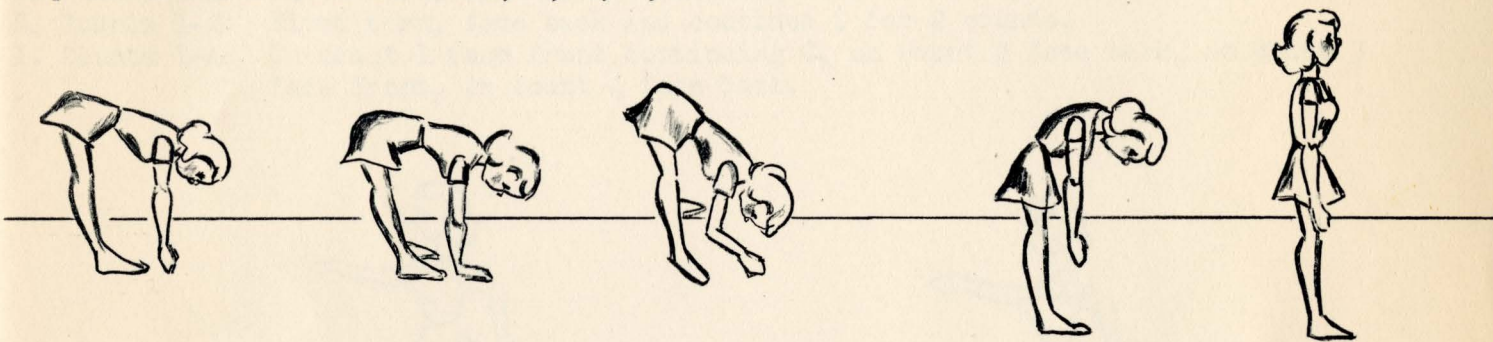


PART I

- A. Position: Feet together, legs straight, body bent fwd. at waist, upper body relaxed.  
 Counts 1-8: Bounce 8 times, trying to touch hds. to floor.
- B. Position: Same but with feet about 8 inches apart.  
 Counts 1-8: Bounce 8 times.
- C. Position: Same with feet 18 inches apart.  
 Counts 1-8: Bounce 8 times.
- D. Position: Same with feet in wide stride.  
 Counts 1-8: Bounce 8 times.

PART II

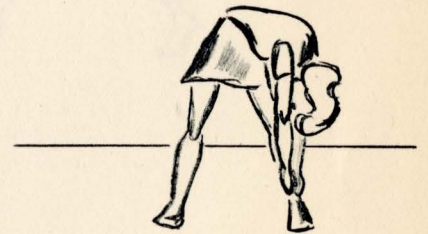
Repeat PART I in reverse order, D, C, B, A.



COME TO STAND WITH BACK LEAD

PART III

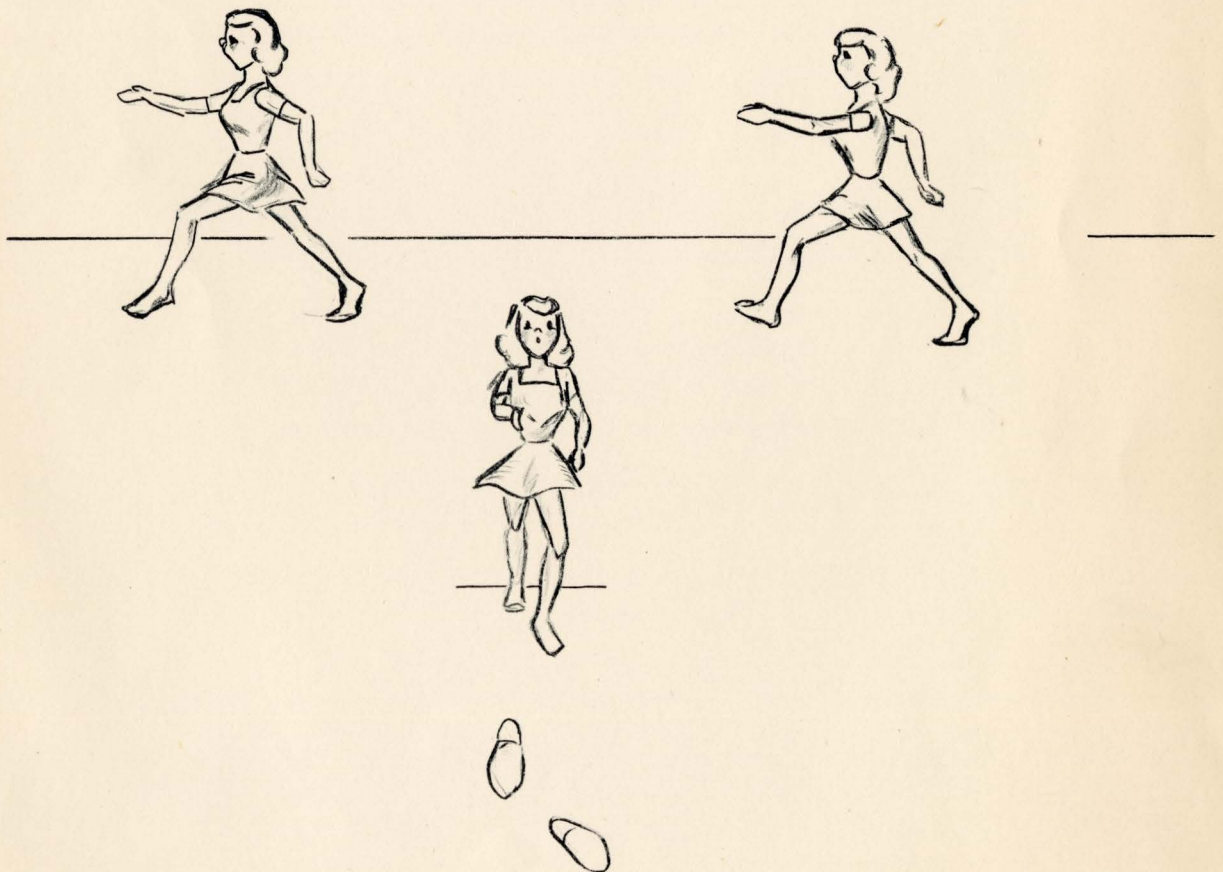
- A. Position: Str. st. body erect.  
 Counts 1-8: Bend body to R. side, relaxing upper body and head. Body is in same plane with head, not fwd. Bounce 8 times. Arms loose at side.
- B. Position: Same as A.  
 Counts 1-8: Repeat A to L.





RUNNING IN PLACE  
GRAHAM  
FLEXIBILITY, COORDINATION

- Position: R. foot fwd. toes turned out, knee bent over toes, weight on the whole foot. L. foot back toes straight fwd., weight on half toe, leg straight. L. A. ext. fwd. shoulder level, R. A. raised in back. Body and head erect.
- A. Counts 1-8: On each count L. leg remains straight and L. heel lowered to floor and raised. Continue bouncing for 8 counts.
- B. Counts 1-8: Repeat A to opposite side, L. foot fwd., R. leg back, R. A. fwd., L. A. back, etc.
- C. Counts 1-8: Alternate R. and L. foot coming forward.
- D. Count 1: Body pivot turn R. to face back. R. A. drops to side and up in back, L. A. drops to side and up in front.
- Counts 2-8: Continue as in C.
- E. Counts 1-4: Face front and continue as in C.
- F. Counts 1-4: Pivot turn, face back and continue as in C.
- G. Counts 1-2: Pivot turn, face front and continue C for 2 counts.
- H. Counts 1-2: Pivot turn, face back and continue C for 2 counts.
- I. Counts 1-4: On count 1 face front continuing C, on count 2 face back, on count 3 face front, on count 4 face back.





## ACCUMULATIVE METER

Position: Erect st., feet close together, A. at sides.  
Count 1: Step to R.  
Counts 1-2: Step to L., pivot half-turn and step to R.  
Counts 1-3: Step to L., step to R. crossing R. foot in front of L., step to L.  
Counts 1-4: Step to R., step to L. crossing L. foot in front of R., step to R.,  
pivot half-turn and step L.  
Counts 1-5: Step to R., step to L. crossing over, step to R., step to L. crossing  
over, step to R.

## DIMINISHING METER

Same as accumulative meter in reverse. Accumulative and diminishing meter may be done fwd. and bkwd., with turns to the open side.

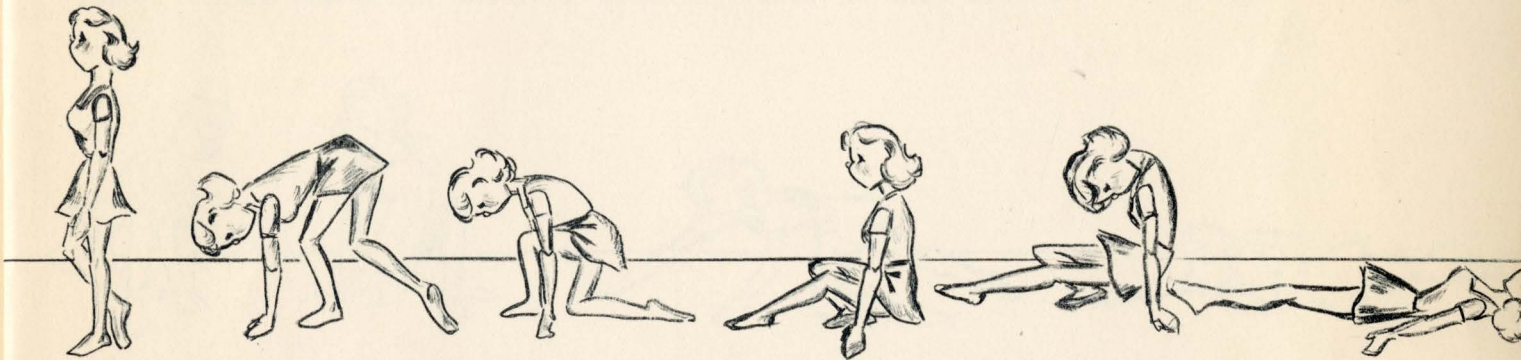
NOTE: Accumulative and diminishing meter are presented in this way as an illustration to students of how these devices may be used effectively in dance composition.



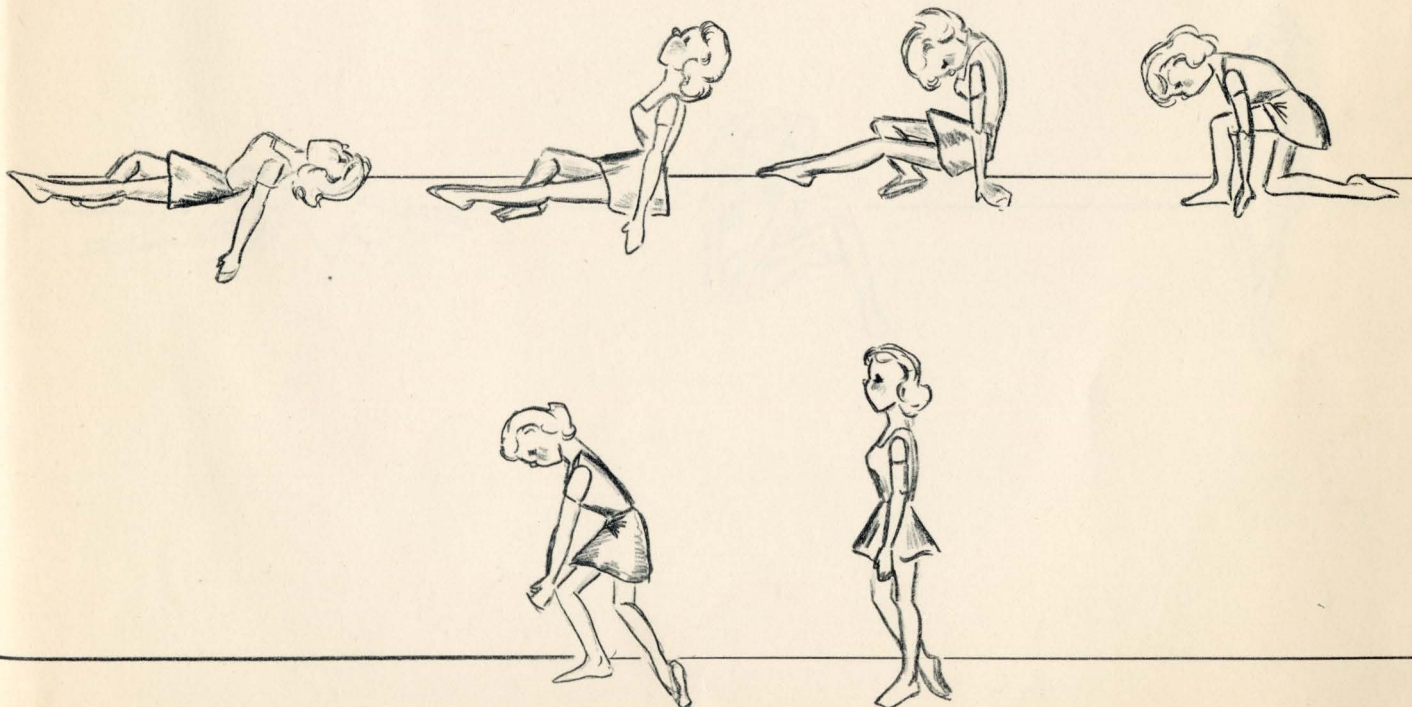
BACK FALL

Progression: First slowly in 8 counts, then in 6, 4, and 2, and 1.

From st. pos. with weight on L. foot, turn toes under on R. foot R. shin bone turned to R. side. L. knee is bent and weight is fwd. over L. leg. Hds. touch floor in front of body to catch weight and slide back as R. shin bone touches floor. Body sits back on floor and comes to lying pos. w. upper B. lead still using hds. for support.



Recovery from back fall: Using hds. body comes off floor with chest lead, legs still in fall pos., head dropped back. When body is in erect sitting, head comes fwd, body weight goes fwd, L. leg is bent close to body and weight brought on to L. ft. and lower R. leg. Come to st. Slowly uncurl spine and head (upper back lead). Finish in erect st.

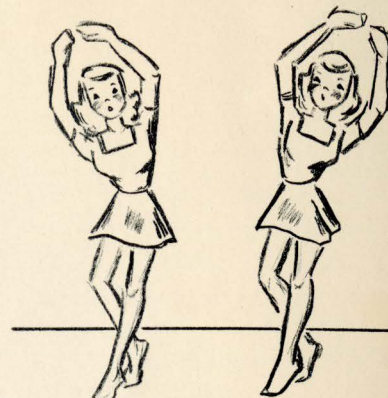




SIDE FALL

Progression: Same as for back fall. This side fall is given to the R. It may be reversed to the L.

From st. with A. over head and curved to R., with weight on L. foot and toes on R. foot turned under pointing back knee fwd. At the same time A. moves from R. to L. and body bends sideways at waist. Bending L. knee, hds. touch floor at L. side to break fall. R. shin and side of hip touch floor and both hds. slide on floor in front of body to R. and are out in front of head. Hips, ribs, and shoulder touching floor in this order.



Recovery from side fall: With R. leg bent and L. leg ext. coming to sit. with rib lead and hds. crossing in front of body to L. L. leg is drawn up and with weight fwd. over L. foot and R. shin come to stand first on L. foot and then both feet. Upper back lead to erect st.

